

ORLANDO OCTOBER 2026

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	9:00 AM	LES MILLS BODYPUMP Kirsten (8:30)	LES MILLS PILATES Anna Maria		LES MILLS CORE Carmen (8:30)	LES MILLS BODYPUMP HEAVY Shirley (8:30)	LES MILLS BODYCOMBAT Carmen	LES MILLS BODYATTACK Larissa (8:45)
	9:30 AM	LES MILLS BODYCOMBAT Nelson	LES MILLS BODYATTACK Anna Maria	LES MILLS BODYPUMP Anna Maria	LES MILLS BODYCOMBAT Carmen (9:00)			LES MILLS BODYBALANCE Carmen
	10:00 AM				LES MILLS CEREMONY Carmen		LES MILLS BODYPUMP Carmen	
	10:30 AM	LES MILLS CEREMONY Kirsten	LES MILLS CEREMONY Jeff	LES MILLS GRIT Anna Maria				LES MILLS BODYPUMP Justin
	12:00		 Yoga Silver Sneakers Karen	 Classic Silver Sneakers Karen	 Circuit Silver Sneakers Karen		LES MILLS CORE Carmen (11:00)	
	5:30 PM	LES MILLS BODYPUMP Anna Maria	LES MILLS BODYCOMBAT Clay	LES MILLS CORE Sergio(6:00)	LES MILLS BODYCOMBAT Justin			
	6:30 PM	LES MILLS BODYCOMBAT Anna Maria	LES MILLS BODYPUMP HEAVY Clay	LES MILLS BODYATTACK Anna Maria	LES MILLS BODYPUMP Justin			
	7:30 PM			Turn Up & Tone Kim				
STUDIO 2	9:30 AM		MIXXEDFIT Shirley	 ZUMBA Alex		 ZUMBA Alex		
	10:30 AM	 Booga Trisha	LES MILLS PILATES Shirley	 Booga Elizabeth		 Booga Shirley	 Booga Katie	
	5:30 PM	 Booga Katie			 PILATES Karen			
	6:30 PM	 ZUMBA Albert			TURN UP Kim			
CYCLE	6:00 AM	LES MILLS sprint Alison	 CEYLING Chrissy (6:00)	LES MILLS sprint Alison				
	9:00 AM					 CEYLING Katie		
	5:30 PM		LES MILLS RPM Alison					
	6:30 PM	 CEYLING Katie						



ORLANDO

CLUB HOURS

Monday - Friday (24 HRS)

4:30a-11:00p

Saturday

5:00a- 9:00p

Sunday

5:00a- 9:00p

Group Fitness Manager:

Becky Evans

beckye@fitnesscf.com

7733 Turkey Lake Rd
Orlando, FL

(407) 226 - 9996

www.fitnesscfgyms.com

KIDDIE GYM HOURS

Monday - Friday AM

8:00 -12:30

Monday - Friday PM

4:00-8:00

Saturday

8:00- 12:00

Sunday

CLOSED

LES MILLS BODYATTACK

BODYATTACK is a fully optioned, high-intensity class with sports training move-to-music for cardiovascular fitness and stamina, along with upper and lower body conditioning exercises for building strength.

LES MILLS BODYCOMBAT

BODYCOMBAT is a high-energy cardio class for all fitness levels. Moves from Kick Boxing, Tai Chi, Karate and Muay Thai combined with adrenaline-pumping music will increase your fat burning, strength and agility.

LES MILLS BODYBALANCE

BODYBALANCE is a blend of yoga, Tai Chi and Pilates that leaves you feeling long, strong, centered and calm. The class is closely choreographed to contemporary music and will enhance your physical and mental well-being.

LES MILLS BODYPUMP

BODYPUMP is choreographed to awesome music, this is the original barbell class that challenges all of your muscle groups. **BODYPUMP** will change the shape of your body.

LES MILLS CEREMONY

Les Mills **CEREMONY** is a 45 minute functional training class that combines cardio and strength for a complete full body workout.

LES MILLS CORE

CORE is a scientific 30-minute Les Mills core training class that attacks the abs, glutes, back, obliques and "slings" connecting the upper and lower body. **CORE** tones core muscles.

LES MILLS Shapes

Build full-body strength, sculpt and shape muscles, improve posture. Low impact, high intensity. Pilates, barre, and power yoga set to modern beats.

LES MILLS GRIT

Les Mills **GRIT** is 30 minute high-intensity interval training (HIIT) workout, designed to improve strength and cardio fitness for a complete full body workout.

LES MILLS BODYPUMP HEAVY

BODY PUMP HEAVY weightlifting workout to develop your musesscular endurance, performance, and movement. With speed turned down and music turned up, every session focuses on progressive strength, pro-level technique and perfecting form.



Pilates is a form of exercise that focuses on strengthening and improving the body's core muscles, flexibility, and posture



Increase strength, range of motion, and activity of daily living skills. Hand weights, tubes, and a ball are used for resistance and a chair for support.



Pedal your way to the best shape of your life by working out on high-performance stationary bikes. All fitness levels can participate - you control your ride.



Yoga unites breathing with movement as it develops strength, flexibility, balance, mental focus and clarity.

MIXXEDFIT

MIXXEDFit is a high-energy, "people-inspired" dance fitness program that blends explosive dance movements with bodyweight toning.

TURN UP

Turn Up workouts are intense, fun, and life-changing. They incorporate HIIT training with strength training and dance!



A fitness dance class using Latin, International, and contemporary music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms.

Turn Up & Tone

Turn Up & Tone workouts are intense, fun, and life-changing. They incorporate HIIT training with strength training and dance! Dance and use weights train your body while having the time of your life.

